

the



# Saratoga *sailor*

**December 2010**  
Naval Support Activity  
Saratoga Springs

## MWR Holiday Party

*Friday December 17*  
*5 to 7 p.m.*

*Knights of Columbus  
on Route 29  
in Saratoga  
Food, crafts,  
games and Santa.*

*This is a totally  
FREE event  
Call 885-5138  
extension one  
to R.S.V.P.*



## Basketball League

Coaches meeting to schedule January and February games will be held on Wednesday, December 15 at 11 a.m.

## Looking to ski or snowboard?

MWR has the best deals in town...

\$10 for a ski package

\$15 for snowboard package

MWR also has cross country skis, ice skates and snowshoes available to rent.

## Navy Ski Nights

Make sure to check with MWR about the Navy ski nights beginning in January. Navy ski nites take place at West Mountain and Jiminy Peak and consist of four hours of skiing at a discounted rate.

## Gore & Whiteface Ski Vouchers

MWR sells discounted lift tickets for both mountains all season long!

### Weekly Newsletter

Every Monday a MWR weekly newsletter is distributed via email. The newsletter contains all upcoming MWR events and deals. To be added to this list, please email [jwheeler\\_nsumwr@nycap.ny.mil](mailto:jwheeler_nsumwr@nycap.ny.mil).

Call (518) 885-5138 extension one for rentals, ITT, general information, extension two for sports and special events.



**Wishing you and yours a joyous holiday season**

**Navy Housing**

**FOR SAILORS AND FAMILIES**

**Navy Housing - Your First Choice - The Right Choice**

**Naval Support Activity will be closed on December 24, 25, 31 & January 1.**

## New York Capitol District Family Readiness Group (FRG)

Come and meet with your FRG on December 9. We will be celebrating the holiday season with an ornament and a dessert exchange. For the ornaments we ask that the price range please be kept at or under \$5. Hand-made or store-bought are both wonderful and lovely. For the desserts we ask that you please bring the recipe for your dessert as well as personal containers to take your share home with you!

The FRG will also have an activity for the children at this meeting. We will be making holiday cards for the veterans at the VA hospital in Albany this year. Supplies will be set up for the children to make cards so please bring them along for a night of fun!

Everyone is welcome to attend our meetings in the Naval Support Activity resource room located in building 103 at 6 p.m. on the second Thursday of each month. Child care is available during the meetings. Please contact Ruth Smith at (757) 777-8029, [ewslq@live.com](mailto:ewslq@live.com) or through facebook by December 6 if you plan to bring children to the meeting, this will help us determine how many supplies we will need for cards.

The New York Capitol District FRG is a great source of information and also a great outlet. You can also join the FRG's facebook page: New York Capital District FRG. Hope to see you all very soon!



# SARATOGA SPRINGS PHONE LIST

Child & Youth Program.....	(518) 886-0200 ext. 161
Commissary.....	(518) 581-2180
Sunday & Monday.....	Closed
Tuesday, Wednesday, .....	10 a.m. to 6 p.m.
Friday & Saturday .....	
Thursday .....	10 a.m. to 7 p.m.
Family Housing .....	(518) 886-0200 ext. 125
Fleet & Family Support Center.....	(518) 886-0200 ext. 146
ID Card Services (DEERS/RAPIDS)	
DMNA – Latham .....	(518) 786-4406
ANG 109 <sup>th</sup> Airlift Wing – Scotia .....	(518) 344-2436
NSA – Saratoga .....	(518) 886-0200 ext. 111
Medical & Dental Saratoga Springs.....	(518) 583-5300
<i>All active duty must call 1-888-NAVYMED for an appointment to medical.</i>	
Navy Federal Credit Union .....	1(888) 842-6328
Monday through Friday .....	9 a.m. to 4:30 p.m.
ATM – on site .....	Available when gate is open.
NEX Barber Shop .....	(518) 884-1823
NPTU access required	
Monday through Thursday .....	7:30 a.m. to 3:30 p.m.
NEX Saratoga Mini-mart.....	(518) 584-7426
Monday through Friday .....	7 a.m. to 8 p.m.
Saturday .....	9 a.m. to 6 p.m.
Sunday .....	noon to 4 p.m.
NSA Weather Line .....	(518) 886-0115
Ombudsman Points of Contact	
Medical/Dental .....	(518) 810-3687
NOSC .....	(518) 361-3310
NPTU .....	(518) 281-9907
NRD NE.....	(518) 788-2961
Outdoor Recreation Center–Saratoga .....	(518) 885-5138
Monday .....	6 a.m. to 5:30 p.m.
Tuesday through Thursday .....	6:30 a.m. to 5:30 p.m.
Friday .....	6:30 a.m. to 6:30 p.m.
Saturday .....	7 a.m. to 4 p.m.
Park is open during MWR/ORC operating hours only.	
Personnel Customer Service Desk .....	(518) 886-0200 ext. 173
Monday through Friday .....	7:30 a.m. to 4 p.m.
Personal Property .....	(518) 886-0200 ext. 116 or 117
Processing Office	

## Child Development Homes (CDH) Program

Child Development Homes provide developmentally appropriate care, contributing to each child's physical, emotional, social, and intellectual growth. Our program promotes a safe and healthy learning environment for children in a home childcare setting. Nutritious meals and snacks are served that comply with USDA guidelines.

If a military spouse is working or attending school, the cost of childcare in our CDH homes is subsidized, making the cost to military families considerably less than the local market rates.

Feel free to contact the Child and Youth Program to compare what you are currently paying to what you would pay for your child to participate in our program.

The CDH program is always looking for spouses who are interested in training to be a childcare provider to work and earn money in their own home. This allows spouses to care for their own children at home while earning money. Our office will assist prospective providers with the application and certification process.



Parents looking for quality childcare or anyone who is interested in learning how to become a provider, please contact the Child and Youth Program office which is located in the Fleet and Family Support Center, 19 J.F. King Drive, building 104. The phone is (518) 886-0200 extension 161.

### Front Gate Hours

**Monday through Friday .....** 6 a.m. to 8 p.m.  
**Saturday.....** 8 a.m. to 6 p.m.  
**Sunday .....** 11 a.m. to 5 p.m.



FLEET &  
FAMILY  
SUPPORT  
CENTERS  
MID ATLANTIC

**For information, an appointment or confidential counseling for individual, couples and families, call (518) 886-0200 extension 146.**

## DECEMBER CLASSES

- 3<sup>rd</sup>** **Thrift Savings Plan (TSP)**  
FFSC classroom, 9 to 10:30 a.m.
- 9<sup>th</sup>** **Surviving the Holidays**  
FFSC classroom, 1:30 to 3 p.m.
- 10<sup>th</sup>** **Resume Writing**  
FFSC classroom, 1:30 to 3:30 p.m.
- 16<sup>th</sup>** **Anger Management Part One**  
FFSC classroom, 1 to 3:30 p.m.
- 23<sup>rd</sup>** **Anger Management Part Two**  
FFSC classroom, 1 to 3:30 p.m.

## JANUARY CLASSES

- 4<sup>th</sup>** **Stress Management**  
FFSC classroom, 1 to 2:30 p.m.
- 5<sup>th</sup>** **Resume Writing**  
FFSC classroom, 1 to 2:30 p.m.
- 6<sup>th</sup>** **Credit Management**  
FFSC classroom, 1 to 2:30 p.m.
- 10<sup>th</sup>-13<sup>th</sup>** **TAP (pre-separation)**  
Resource Room, 8 a.m. to 4 p.m.

- 11<sup>th</sup>** **Couple's Communication**  
FFSC classroom, 1 to 2:30 p.m.
- 12<sup>th</sup>** **Interviewing Techniques**  
FFSC classroom, 10 to 11:30 a.m.
- 12<sup>th</sup>** **Budget for Baby**  
FFSC classroom, 1 to 3 p.m.
- 13<sup>th</sup>** **Car Buying**  
FFSC classroom, 1 to 2:30 p.m.
- 18<sup>th</sup>** **Spouse 101**  
FFSC classroom, 10 to 11:30 a.m.
- 18<sup>th</sup>** **Anger Management Part One**  
FFSC classroom, 1 to 2:30 p.m.
- 19<sup>th</sup>** **Internet Job Search**  
FFSC classroom, 1 to 2:30 p.m.
- 20<sup>th</sup>** **Home Buying/Renting**  
FFSC classroom, 1 to 2:30 p.m.
- 25<sup>th</sup>** **Anger Management Part Two**  
FFSC classroom, 1 to 2:30 p.m.
- 26<sup>th</sup>** **Job Search Basics**  
FFSC classroom, 1 to 2:30 p.m.
- 27<sup>th</sup>** **Savings and Investments**  
FFSC classroom, 1 to 2:30 p.m.

**\*Registration required at least two days in advance for all classes. To register, call (518) 886-0200 extension 146.**

## NFAAS | NAVY FAMILY ACCOUNTABILITY and ASSESSMENT SYSTEM

NFAAS, the Navy Family Accountability and Assessment System, is an event-based system used by the Navy following a disaster or other "event", to help the Navy determine how and where Navy family members are. It is accessed through a user-friendly website designed to help you – our Navy family members (active duty, reserves, Department of the Defense Civilians, NAF/NEX employees and their immediate family members) – who are directly affected by major natural or man-made disasters (e.g. fires, hurricanes, floods, earthquakes, etc.)

NFAAS allows you to **report** your current location, to **update** emergency personal contact information, and to **request** assistance (especially if you had to evacuate far away from your home or place of work).

Your reporting assists the Navy in knowing where you are, how you are doing and to coordinate with applicable agencies in responding to your needs.

NFAAS allows your commanders and supervisors to account accurately for all assigned personnel and their family members.

Your reporting assists the Navy leadership and authorities to make better decisions in supporting you and your family, to maintain military readiness, and to preserve national security during a disaster.

NFAAS allows case managers to contact you, to provide you with important information, and to assist you in recovering from a crisis.

The Navy, following an event, not only needs to determine command status and what Navy property was damaged, but how the event impacted Navy families personally. The Navy uses NFAAS to collect that information and track the recovery process. If an event (earthquake, hurricane, etc) happens where you live or work, expect that your command is going to want to know how and where you are.

**Did we meet your needs? Let us know! [http://ice.disa.mil/index.cfm?fa=site&site\\_id=589](http://ice.disa.mil/index.cfm?fa=site&site_id=589)**

**Check out NSA's website. If you get a security warning, it is ok to continue. <https://www.cniv.navy.mil/Saratoga/index.htm>**

**On Facebook? Add NSA Saratoga Springs's Fan Page <http://www.facebook.com/NSASaratogaSprings>**